

# Mental Training 101

## The Tools to Build A Champion Mindset

Dream Team Consulting Program Level 1



Led by State Champion & team consultant Alicia Smith

### THE PROGRAM

Week 1

#### CULTURE

Give your best for the TEAM, & stop worrying about stats

Week 2

#### COMMITTED

Set stretch goals that you can work towards daily

Week 3

#### COMPETITIVE

Build your never-give-up, always fight mentality

Week 4

#### CONFIDENT

Get out of your own way & start believing you CAN

Week 5

#### COURAGEOUS

Stop worrying about what others think & go all out

Week 6

#### CONSISTENT

Create routines that lead to your best performance more often

### ABOUT

The Dream Team program teaches your players the mental skills needed to compete at the highest levels.

*I've given some anecdotal coaching to the team, but nothing compared to this very well laid out, thoughtful program you've got. It's been amazing and I can't thank you enough for what you've done here.*

- Travel Coach & Org President

### WHAT YOU GET

**Live training on 6Cs** (From a proven winner)

**Workbook** (Personalized application)

**Challenges** (Make competing fun)

**Drills** (Apply it on the field)

**App** (Stay accountable)

**Journals** (Build long-term success)

*Plus!*

**Team Building - Coach Support - Competitive Drills**

### PRICING

**1 TEAM**

**\$2997**

**2-5 TEAMS**

**\$2497**

**6+ TEAMS**

**\$1997**



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**Podcast**

Coaching the Mental Game of Softball